#### Magic that makes you smile in the morning haha!

# Witch's healthy French toasts

When you get tired and eat less, your stomach becomes weaker and your whole body recovers much slower.

Toast has alpha-gelatinized starch and is actually an easily digestible food.

Furthermore, French toast is rich in nutrients such as protein, high-quality fats, carbohydrates, vitamins A, B, C, D, E, and K, sodium, potassium, calcium, magnesium, phosphorus, iron, zinc, copper, iodine, selenium, and molybdenum. ....It's like a magic spell hahaha

Also, our witch's French toast has a "secret vanilla" flavor.

This ingredient approaches your mind and body. It works on your nerve center and relieves stress, irritation, tension, insomnia, etc. It has the function of promoting gas discharge from the intestines, and has anti-infective, antioxidant, menstrual promotion, and nourishing tonic effects.

Research has proven that vanilla's sweet, rich aroma tricks the human sense of taste, and that even if you use less sugar, it still tastes just as sweet.

Desserts that use vanilla are said to be more effective for weight loss than other desserts that rely solely on the sweetness of sugar.

Have fun and enjoy nutritious meals, and stay healthy at all times.



## a la carte ¥550-

tax included

## Japanese morning menu Witch's morning SET ¥555 <u>GO! GO! GO!</u>



**Gluten-Free** Additive-Free Home made

¥100

¥580

Rice(White or Brown) • Salad with original vege dressing t • Miso soup • Coffee

## Witch's Onigiri SET



2 rice balls (plum / kelp / Bonito Flakes) Salad with original vege dressing Chosen Egg (Fried / Boiled / Scrambled / Rolled / Low ) Miso soup ,Coffee ¥550

# Ham & Eggs SET Rice(White or Brown)

Ham&Eggs ( 2 eggs and 2 slices of ham) Salad with original vege dressing Miso soup • Coffee

## Grilled fish SET

Rice(White or Brown) • Grilled fish (salmon or Mackerel) Home-made japanese pickles ¥580 Eggs, Miso soup, Coffee

## Natto SET

Rice(White or brown) Natto, Miso-soup Home-made japanese pickles, Coffee

**¥350 ALL ¥100** 

Topping All free home-made sausage Raw Egg / Boilled Egg / Natto

tax included

## **Toasts morning menu** Choose one! Toasts SET ¥550~

### YOUR MOOD DECIDES WHAT TYPE OF TOASTS YOU EAT TODAY!



A.Egg sandwitches



B.Ham&Eggs



C.Pizza + ¥50

CHOSEN EGG( FRIED / BOILED / SCRAMBLED / ROLLED / LOW ) SALAD WITH ORIGINAL VEGE DRESSING • MISO SOUP • COFFEE

+

## one coin SET ¥500



Cheese toast (1 slice) Chosen Egg (Fried / Boiled / Scrambled / Rolled / Low) Salad with original vege dressing • Miso soup • Coffee



Toast (1 slice on butter) Boiled egg, Coffee

Jam **¥50** 

# healthy Sweets morning

# Morning Only!

Vegitables first!

## Banana Morning!

#### Ehick and juicy 3 slices of Drench tonsts

Vanilla flavor s

## What's a Good deall? Witch's French toasts SET ¥700

Witch's french toasts (3 slices) • maple syrup Salad (Witch's original dressing) • Banana&Fresh cream Vietnamian Coffee (Ice or Hot )

# picals are our enemy in

## Witch's coffee syrup

Our home-made coffee syrup made from brown suger. (No add any white suger ) Gum syrup(commercially available) is a synthetic sweetener, it's not born from the EARTH. There are many calorie-free products, but also they are highly addictive and just things that the human body doesn't really need. We'll give you what you really need, just enough to make your happy ♪

tax included

## GlutenFree Sunday Monday ONLY HOME-Made bread made from rice flour

Please ask this to stuff:)

# Daily bread SET

# ¥680



White hot dog buns





Chiffon sandwitch Mini brown rice breads





Petit bread

7

what's a next?  $\mathbf{1}$ Comming sooooon

もりサラダ (魔女ドレッシング)・お味噌汁・コーヒー 選べるたまご(目玉焼き・茹で卵・生卵・卵焼き・スクランブル)

## 単品でティクアウトも可能です♪

# まうしたド健康なってみる?

## 小麦·乳製品·白砂糖不使用 おったまバケット 750<sup>えん</sup>

※要予約 バゲットが大好きだったフランス歴5年の オーナー渾身のカ作である!(食べたいという意地) ーつーつ時間をかけてお作りするので要予約です!



(1 G)

Grten



本日の米パンセット 本日の気まぐれ米パン 無添加バジルウィンナー・もりサラダ ゆで卵 or 目玉焼き・お味噌汁 コーヒー 680 えん



表示価格は税込価格です。

#### ALWAYS DIFFERENT DEPENDS ON THE DAY! But there are made with consideration for people's health. All menu are ADDITIVE-FREE. and you can get lots of vegetables as well.

AN MAGIC THAT YOU'LL NEVER WANT TO EAT FAST-FOOD ANYMORE.... I HOPE....HEHE





RECOMMENDED







GE

ຝ.





Pigs have a lot of vitamin B! It's a double magic that restores energy when taken with GINGER.

## SINGER FRIED PORK SET



Rice(Brown or White) /Ginger fried pork/ Miso-soupSalad with magical dressing / Japanese pickles ¥900

Tofu x Egg is fluffy and melty! Dream low calorie omelette rice. It's a magic. BROWN RICE OMELETTE

Chicken Ketchup Brown rice/ Tofu & Egg sauce/ Miso-soup Salad with magical dressing ¥1,000

Our Gyoza is filled with SO MUCH meat ...!
 It's like "Gyoza de maison".
 WITCH'S BURSTING GYOZA SET





Rice(Brown or White) / Miso-soup / BURSTING GYOZA (6 pieces) / Japanese pickles / Two side dishes ¥900 Docosahexaenoic acid? Eicosapentaenoic acid? It's like a magic spell DAILY FISH LUNCH



Rice( Brown or White) / Grilled fish / Lots of side dishes / japanese pickles / miso-soup / one bite vege plate ¥1000

Chicken have also FULL OF Vitamin B!!
 Our orginal fried chicken is TASTY, no need sauce.



Rice(Brown or White) /Miso-soup ottamage fried chicken / Japanese pickles Salad with magical dressing ¥900

Do you have a well-balanced diet?
 In Japan, this meal is said to be the healthiest composition.
 JAPANESE HEALTHY SET



Rice(Brown or White) / Main dish of today / Two side dishes / japanese pickles / miso-soup ¥850

#### \*FOR CHILDREN! (up to the age of 12)



Dear children who don't like vegetables What's inside of Magical Omelette rice?

Maybe you don't notice it, but.... toooooo much minced carrot and onion are inside of this chicken rice! You might not have their taste or texture at all. Because of dashi stock(witch's magic),You can eat ALL OF THEM. Have fun overcoming your dislike for vegetables:)

## Let's surprise mom and dad!

# Fluffy & Healthy S **BROWN RICE X TOFU** HEALTHY PANCAKE LUNC ¥950



## Our Magic Pancake is Plant-based!

No use dairy products, No egg, No white-sugar, Glten-free, Addictive-free!! It's Original home-made pancakes!

If you make your food orders in advance, we can change all topping and make them just for you! (Vegan, Allergies etc)

# DAY DRINKING

Dear drinker. When you drink alcohol at NIGHT, your stomach breaks down the alcohol, impairing the quality of your sleep which is an important factor in lowering blood pressure. You can drink alcohol during the day to avoid stress. And if you hove a minute, move around and feel refreshed. Please sleep when you want to sleep for giving your blood vessels a rest. In fact, such a lifestyle is the BEST QOL for lowering blood pressure for modern people who have a lot of stress in their daily lives.

original mayo and A hefty portion Fuffy omelette! Warm DASHI-SOUP spicy fish egg's sauces of\_TOFU!\_ HEALTY TOFU GRATIN ¥550 grated radish eleme ¥550 Lots of green onion Crunchy chicken skin Fluffy&JigglyD grated radish J Contraction of the local division of the loc ¥550 marinated Sweet and salty rich sauce M ¥580 You can choose sweet or salty! %This photo is for 3 persons. Hot Soup stock Full of Veggie & meat inside! Deep fried TOFU Our best-seller FRIED TOFU ¥550 0)5(5)2 VEGAN RSTING GYOZA ¥580 (618) WITCH'S SALAD ¥300 VEGAN WITCH'S ONIGIRI VEGANI Grilled-salmon / Salted-Kelp / Pickled Plum. ¥250 OTTAMAGE FRIED-CHICKEN ¥500 M ¥650L NOMAL TOFU ¥300 VEGAN ¥500 FRIED CHICKEN CARTILAGE ¥350 OKONOMI-TOFU VEGAN

# **OTTAMAGE ITEMS**

Love potion for growing youth
WITCH'S VEGE DRESSING

Lv. 🔶 🔶 🚖 🔶 Used only vegetables!! No add sugar,Non-oil, additive-free, Glten free... It's like a love potion.



## MATSUBA BLEND TEA

Lv. 🗙 🗙 📩 📩

We offer FREE drink "Matsuba blend tea". Matsuba what means Pine Needle is "PANACEA" We are blend that with some black tea for for people to drink deliciously.



#### 

You can get 10 magical effects just by sitting for 1 hour. You can get a luch and take a mugwort steam the same time on 2nd floor of our restaurant



# LYMPHATIC MASSAGE

He have a salon at 2 floor of the restaurant. Our special menu is lunch set + mugwort steam 7H + lymphastic massage 7H.



#### 

Please check our WEB site! (Here is not enough space to explain)



LET'S TAKE OUT OUR BENTO DAILY BENTO 500-YEN BENTO CATERING MEAL



It's impossible to fit the all meals into the same bento box. (too much) We will offer separately rice and dishes.



Get healthy for 500 yen only. there are made with consideration for people's health;)



